

# Dr. Smith Live

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## Topic: Depression: Causes and Cures

**‘Major Depression is a common, debilitating, and potentially lethal disorder affecting more than 21 million American adults each year.’**

Depression is the leading cause for disability worldwide.

### 10 Causes for Depression

#### Depression Cause #1: Insufficient Sleep

Nobody is at their best when they have had no sleep the night before. It is likely to have a huge effect on our mood as well as our ability to perform our day to day chores. A lack of sleep can have a considerable detrimental effect on us in numerous ways, including making us more likely to suffer from depression.

Not only can a lack of sleep cause depression, but depression can also make it difficult to sleep. This can cause a loop that is difficult to get out of and the patient’s condition can worsen considerably as a result. If you do lack sleep due to not having the time, remember that your health and well-being should be the priority.

#### Depression Cause #2: Exposure to glyphosate, Round-Up

Glyphosate disrupts chemical processes that impact the production of serotonin, an important neurotransmitter that regulates mood, appetite and sleep. Serotonin impairment has been linked to depression.

#### Depression Cause #3: Seasonal Affective Disorder - Winter months

Seasonal affective disorder, or SAD, is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer.

### **SAD is more common in:**

- Women.
- People who live far from the equator, where winter daylight hours are very short.
- People between the ages of 15 and 55. The risk of getting SAD for the first time goes down as you age.
- People who have a close relative with SAD.

### **Vitamin D<sub>3</sub> Deficiency**

Female college students who had low levels of vitamin D were more likely to have clinically significant symptoms of depression, according to a 2015 study published in *Psychiatry Research*. A larger meta-analysis of more than 31,000 research subjects, published in the *British Journal of Psychiatry*, found a correlation as well.

### **Depression Cause #4: Stress - Tough Decisions**

We all have to make choices at some point in our lives. These can range from what to have for dinner, to potentially life-changing decisions such as a change in career. It can be difficult to choose at times and sometimes we will have to make a decision that will involve disappointing another person.

### **Depression Cause #5: Diet - Deficiency of omega 6 & 3 fatty acids, Vitamin D, Magnesium, Vit. B-12, Folate**

- Most people consume too much adulterated omega 6 fatty acids.
- Winter months decreases D<sub>3</sub> levels.
- Statin drugs lower cholesterol which is needed to produce Vitamin D<sub>3</sub>.
- It's estimated that almost half of all people in the United States have some kind of magnesium deficiency. Foods high in Mg: seaweed, greens, and beans. Consuming excessive amounts of alcohol, salt, coffee, sugar, and soda can lower our magnesium levels substantially and lead to depression.

- The Mayo Clinic notes that not getting enough vitamin B has been linked to mental health problems. According to clinic research, roughly a quarter of women diagnosed as severely depressed were found deficient in vitamin B12. It's believed that low folate levels can prevent many popular antidepressants from having an effect.
- **Glutamine** has a calming effect and counteracts symptoms of stress.
- **Amino acids** and their significance for sleep, mood and performance: Folic acid, vitamin B12 and vitamin B6 in combination with amino acids boost mental fitness.
- Higher **homocysteine** levels have weaker cognitive abilities.

Omega 3 fatty acids are compounds that are commonly found in fish, particularly salmon. Studies have shown that these fatty acids can help to regulate compounds in our brains that can help prevent depression. In addition to eating plenty of salmon (not farm raised), a good diet overall will help you feel better physically and mentally.

### **Depression Cause #6: Relationships**

The people around us will have a considerable impact on our overall well-being. They can make us happy and they can make us sad, and they can get into every aspect of how we live our lives. Unfortunately, having the wrong kind of relationships can also contribute to depression.

Even a small disagreement can lay on somebody's mind and contribute to them becoming depressed. Studies have shown that children that don't have good relationships with their siblings and other family members are more likely to experience depression as adults. If you are experiencing depression for any reason, you should arrange to speak with a qualified professional as soon as possible.

### **Depression Cause #7: Smoking**

In addition to its dangerous physical effects, smoking can also have a direct impact on our mental well-being. Smoking can cause a dependence on nicotine, which is the drug that encourages people to smoke in the first place.

Dependency on this drug can contribute to depression and attempted withdrawals can make matters even worse.

### **Depression Cause #8: Thyroid Disease - Fluoride, Bromine, Chlorine, Mercury all depresses thyroid function**

It releases hormones that help to regulate aspects such as metabolism and mood. Usually, the release of the hormones is balanced just right, but these balances can be thrown out in the case of certain illnesses.

Thyroid disease can lead to insufficient quantities of T4 hormones being released from the thyroid gland. This can lead to a variety of symptoms, including depression. If you do feel as though you might be suffering from a thyroid condition, you should arrange to see a doctor to get it checked out. **Arm Pit Test**

### **Depression Cause #9: Brain Chemistry**

How we feel depends largely on hormones and chemicals that react in certain ways with the brain. There are 'happy' hormones (neurotransmitters) such as dopamine that will make us feel good and a lack of these chemicals will make us feel down. Depression is caused by an imbalance of these chemicals in the brain.

### **Depression Cause #10: High levels of Copper**

Copper water pipes are a main source for excess copper.

#### **Foods high in copper:**

1. **Liver:** one slice (67 grams) of calf liver gives you 10.3 mg of copper — a whopping 1,144% of the Reference Daily Intake (RDI).

2. **Oysters:** are a good source of copper, providing 7.6 mg per 3.5 ounces (100 grams) — or 844% of the RDI.
3. **Spirulina:** made from cyanobacteria, or blue-green algae. A single tablespoon (7 grams) contains 44% of the RDI for copper.
4. **Shiitake Mushrooms:** Four dried shiitake mushrooms (15 grams) knocks out an impressive 89% of the RDI for copper.
6. **Nuts and Seeds:** different nuts and seeds contain different nutrients, many hold substantial amounts of copper. For example, 1 ounce (28 grams) of almonds or cashews boasts 33% and 67% of the RDI, respectively.  
Additionally, a tablespoon (9 grams) of sesame seeds packs 44% of the RDI.
7. **Lobster:** a 3-ounce (85-gram) serving of lobster contains a phenomenal 178% of the RDI.
8. **Leafy Greens:** cooked Swiss chard provides 33% of the RDI for copper in a single cup (173 grams)
9. **Dark Chocolate:** a 3.5-ounce (100-gram) bar of dark chocolate contains a massive 200% of the RDI for copper.

### **Benefits of copper**

- production of red blood cells
- regulation of heart rate and blood pressure
- absorption of iron
- prevention inflammation of the prostate
- development and maintenance of bone, connective tissue, and organs such as the brain and heart
- activation of the immune system: helps stimulate stem cells
- support adrenal function

Because of time constraints, I am just going to focus on several of the major cures for depression.

For anyone suffering from depression, I strongly recommend reading the following books:

1. *Hypothyroidism: The Unsuspected Illness* by Broda O. Barnes, M.D.
2. *Hypothyroidism Type 2* by Mark Starr, M.D.
3. *Mental and Elemental Nutrients* by Carl C. Pfeiffer, P.h.D., M.D. Dr. Pfeiffer talks about nutritional deficiencies causing mental disorders.

### **Hypothyroidism**

- A. An often overlooked cause for depression is hypothyroidism. Why? Because the TSH blood test range is too broad thus missing many hypothyroid diagnoses.
- B. Most general medical doctors do not request the free T4, free T3, and reverse T3 tests to properly assess the thyroid.
- C. Doctors do not recommend patients taking the Armpit or axillary temperature.
- D. Most doctors do not factor in dental problems (mercury fillings, toxicity from root canal teeth, cavitations [jawbone infections], and gum infections), which can be primary causes for depressing the thyroid.
- E. Most doctors do not factor in trapped toxins from childhood vaccinations, heavy metals, viruses, prescription drugs, herbicides, insecticides, pesticides, bacteria, EMFs, halogens like chlorine, fluoride, and bromine, all of which can suppress the thyroid.
- F. Most doctors are not familiar with all the symptoms associated with hypothyroidism (26 major symptoms).

**Cure #1: Treat the hypothyroidism - Practitioners must define the root cause(s), remove them, in order to get resolution.**

**Cure #2: Clean up the diet; start eating real foods and drinking filtered water.**

**Cure #3: Taking food based supplements to correct any nutritional deficiencies and/or remove trapped xenobiotics (substances foreign to living systems).**

**Cure #4: Evaluate and treat neurotransmitter deficiencies. The CyberScan System can define neurotransmitter deficiencies.**

a. **Rife frequencies** (sweep from 110 Hertz to 112 Hertz) can stimulate neurotransmitter production.

b. **Supplements:**

### **18 Herbs and Supplements to Help Fight Depression**

1. Omega-3 fatty acids:
2. Probiotics: The nerve cells in our gut manufacture 80 to 90 percent of our body's serotonin, the neurotransmitter we need to stay sane. That's more than our brain makes. And the gut is in constant communication with the brain, sending it information that most definitely affects your mood, even as the messages never come to consciousness.
3. NAC (N-acetylcysteine): is a precursor to the amino acids L-cysteine and glutathione. Glutathione is considered one of the most important antioxidants in your body and critical for regulating inflammation and protecting cells against oxidative damage.
4. B-12: Folate, vitamin B-6, and vitamin B-12 the "mighty methylators for mental health." He mentions a remarkable study in the American Journal of Psychiatry that found that 27 percent of severely depressed women over the age of 65 were deficient in B-12.
5. SAM-e (S-adenosylmethionine): when the amino acid methionine combines with adenosine triphosphate (ATP), which is involved in the synthesis of neurotransmitters.
6. Turmeric (*Curcuma longa*): ability to activate genes to produce antioxidants, which then protect "our precious mitochondria," which produce the chemical energy in the form of ATP (adenosine triphosphate).
7. Vitamin D<sub>3</sub>: a deficiency in vitamin D<sub>3</sub> will feel very much like depression. As many as three-quarters of U.S. teens and adults are deficient, according to a 2009 study published in the Archives of Internal Medicine.

8. Magnesium: 73% of Americans today don't get enough of magnesium because stress, caffeine, sugar and alcohol all deplete it.
9. GABA (Gamma-aminobutyric acid): GABA is known as the "anti-anxiety" neurotransmitter.
10. Melatonin: superior antioxidant capacity of melatonin to limit oxidative stress.
11. Glutamate (Glu) is the most powerful excitatory neurotransmitter of the central nervous system and is modulated by GABA (Gamma-aminobutyric acid), which is an inhibitor maintaining balance.
12. Hydroxychloroquine: off label: repairs the myelin sheaths of the nerves.
13. N-Acetyl L-Tyrosine: L-tyrosine is a precursor molecule for the synthesis of thyroid hormones and the neurotransmitters dopamine, norepinephrine, and epinephrine.
14. Pure Synergy: 60 different organic and wild crafted greens.
15. Phosphatidylserine: involved in the multiple functions of the brain, such as activation of membrane signaling pathways, neuroinflammation, neurotransmission, and synaptic refinement.
16. Choline: Involved in brain messaging, fat transport and metabolism, DNA synthesis and nervous system maintenance.
17. Bacopa: Enhance memory because it is a potent neuroprotector that works to balance neurotransmitters while also boosting cerebral blood flow.
18. Rhodiola Rosea: It's an adaptogen which is effective in mild to moderate depression. Enhances physical performance and endurance.